



thenewhammag

issue 319 // 3 - 16 July 2015 // Every fortnight

A vibrant photograph of a young boy in a purple carnival costume with a large feathered headdress, smiling and holding a silver bell. A woman in a purple costume stands behind him, and another person holds a sign reading "The Newham Show".

Come and join the parade

The Mayor's Newham Show and Carnival (pg)



Newham London

UNDER THE STARS

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THE FOUNDATIONS**
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No glass bottles or dogs allowed on site. Programme subject to change.

CELEBRATING
50 YEARS
OF NEWHAM

Mayor of
Newham

the newham mag



It's almost time for this year's Mayor's Newham Show (p8). We're keeping our fingers crossed for good weather, but come rain or shine, thousands of Newham residents will have a fantastic time.

This is also your last chance to sign up to take part in the Morrisons Great Newham London Run (p16), and the Great Newham London Swim, two great events to raise funds for participants and spectators alike.

Elsewhere in this issue, we are celebrating the achievements Newham's hardworking young college students (p18), encouraging you to get involved in tree activity this summer (p27) and looking forward to the refurbished Forest Gate Community Neighbourhood playing an even bigger part in bringing people together (p28).

Finally, read how the council is working to protect vulnerable people (p29). A recent study has shown how effective our independent Domestic Violence Advocacy service is, and it is right we pay tribute to those carrying out this important work.

Sir Robin Wales
Mayor of Newham

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Look out for the next issue from 27 July
View the mag online at www.newham.gov.uk/mag

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Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit www.newham.gov.uk/lovenewham

03

IN BRIEF //

Upton Centre closure agreed

Newham Council's Cabinet have approved the permanent closure of the Upton Centre and agreed to consult on the future development of the site in Upton Park.

The community centre closed in December when it was found the boilers were no longer compliant. Independent surveyors said a significant amount of work was needed to bring the centre back into use.

The council held a six-week public consultation in April and May. Councillors took on board the views of residents for a dossier for community centre provision as well as affordable housing. A consultation on the future use of the site will take place.

Mayor Sir Robin Wales said: "We have to find £50 million of savings next year alone. With this decision we have an opportunity to create a better community centre for all residents that is more cost effective, as well as creates much needed housing. This is exactly what our residents want."

Freedom Pass applications online

Residents are reminded that all applications for an Older Persons Freedom Pass must now be completed online.

People without access to a computer can visit any of Newham's ten libraries to get support with their application. It is no longer possible to apply for a Freedom Pass at the Post Office.

If you're unable to apply online then you can pick up a paper form from libraries. For information or to find out if you are eligible for a Freedom Pass visit www.freedompass.org or call 0800 000 1433 (Monday to Sunday, 8am to 8pm).

>> Salute for the armed services

Newham Council hosted a special flag at the Town Halls in East Ham and Stratford in recognition of the seventh Armed Forces Day.

Armed Forces Day raises awareness of the contribution made by those who serve and have served in Her Majesty's Armed Forces, including Regulars, Reservists, veterans, cadets, and their families.

Mayor Sir Robin Wales unfurled the flag at the Old Town Hall in Stratford with Cllr Max Patel, lead member for Stratford and West Ham Community Neighbourhood, and members of C Company 7 Rifles based at the Army Reserve Centre in West Ham.

Sir Robin said: "Waving the flags to salute members of our armed forces who have previously served or are currently serving. Showing our support is even more appropriate this year as we commemorate the 70th anniversary of the end of the Second World War."



Healthy Games legacy ensured

Mayor Sir Robin Wales joined Paralympian and TV presenter Ade Adepitan to open a community health centre named after the neurologist who established the Paralympic Games in England.

The Sir Ludwig Guttmann Health and Wellbeing Centre close to Queen Elizabeth Olympic Park was the health centre built for the 2012 Games. A plaque to honour Sir Ludwig was unveiled by his daughter Eve Leffler.

More than 100 people attended to see the health services available to local residents. The event was hosted by NHS Newham Clinical Commissioning Group, NHS Property Services, the Hurley Group and East Village Trust. A Newham branch of Mencap/Ely Hospital is also based in the centre.

Mayor Sir Robin Wales said: "The Sir Ludwig Guttmann Centre supports our vision for a healthy community. It is a first class facility that is a true legacy from the 2012 Games."





News

Garden party is icing on the cake

A giant cake to celebrate Newham's 50th anniversary was the centrepiece of a free garden party in Central Park, East Ham, organised by Newham Council's Community Neighbourhood Team.

More than 500 visitors tucked in and also enjoyed other activities including balloon modelling, fitness classes, family races, a giant chess board, face painting and performances by a jazz band. Mayor Sir Robin Wales was among those who attended.

Councillor Lakshmi Shah, lead member for East Ham Community Neighbourhood, said: "I was delighted so many people enjoyed the fun."

The next 50th anniversary garden parties take place on 25 July at Pitney Park, Upton Park, and First Avenue Community Garden, Plaistow, between noon and 4pm. More are planned in August and September.

For more details about what's going on where you live contact the council's Community Neighbourhood Team on 0203 373 4096 or visit www.newham.gov.uk/summergardenparties



Praise for Shared Lives

A Newham Council scheme that helps vulnerable people and their families through a network of carers offering accommodation and support in their own homes, has been praised by the Government's Minister for Civil Society, Rob Wilson.

Councillor Joy Laguda, mayoral adviser for adult safeguarding, introduced him to carers and people on the Shared Lives Scheme, which supports residents to live as independently as possible.

Vulnerable people are matched to one of 44 Shared Lives carers and then stay for short periods at the home of their carer as part of his or her family.

Mr Wilson said: "The carer I met shares her family and community life with people who need support. Her work exemplifies the kind of bigger, stronger society where people take more responsibility for others and where communities work together." For details about the scheme or how to become a Shared Lives Carer visit www.newham.gov.uk/sharedlives



>> Views sought on Budget Challenge

Residents and businesses are to be asked this summer about how Newham Council can achieve the £30 million saving it needs to make next year alone.

Councillors approved plans to raise awareness of the council's Budget Challenge. The council needs to save a total of £31 million between now and 2020 as a result of continuing cuts in funding from the Government as well other cost pressures including rising demand on services.

Mayor Sir Robin Wales said: "We have to tackle this head

on, which will mean having to take difficult and unpopular decisions, but we need to ensure we prioritise the things that matter most to local people. I urge every Newham resident to ensure they make their voice heard through our consultation over the summer."

Information on how you can get involved in Newham's Budget Challenge will be available at the Mayor's Newham Show on 11 and 12 July or at www.newham.gov.uk/budgetchallenge

Show up for carnival of delights

The Mayor's Newham Show and Carnival at the weekend will be another great occasion. I'm looking forward to it because the event has a long history of bringing people together to have fun. This year will be no exception.

We are also celebrating Newham's 50th birthday and there is a whole host of themed activity from across the decades for you to enjoy. If you want to see what your hair looks like styled into a classic 80s beachie or dance to some classic 80s tunes, then bring your family and friends to help make it a weekend to remember.

"The event has a long history of bringing people together to have fun."

A personal highlight is always the Mayor's Newham Carnival on Saturday. Nineteen schools are taking part alongside a number of community groups. We've been holding free Carnival Classes to help you create costumes and props. The ideas from the pupils I met at Sandringham School in Forest Gate were really exciting. I can't wait to see them in the parade.

But while the Show will be fun, the days approaching it always remind me of the bombings that took place in central London on the morning of 7 July 2005. Just hours earlier we were

euphoric when we discovered the 2012 Games would be coming to Stratford. Then came the horror of the explosions.

Out of respect to those who died we considered cancelling our Show that was to take place a few days later. In the end we went ahead, safe in the knowledge that it would celebrate our togetherness as a community. I'm glad we did, and the reasons for that decision hold true ten years on.

We remain united in not allowing

the actions of a few to divide us. We celebrate diversity and foster a common sense of belonging and a shared identity where people can turn to each other for support. Together we have the strength and resilience to meet challenges head on – and that continues to shape everything we do as a council. And that's why we offer such an unrivaled programme of events where not only its entrance free of charge, but so are almost all activities.



Mayor's view

Housing policy that's fair for everyone

Recently our enforcement officers uncovered a private rented property in East Ham which was housing 26 people, including a two year old child.

Although the tenants may have been happily living under that arrangement, in Newham we believe that is not acceptable in 21st Century Britain. We don't want to see residents living in overcrowded houses, where a master bedroom contains five beds and a single bathroom and kitchen is used by dozens of people. Overcrowding affects people's health both physically and mentally and puts a great strain on local services from healthcare to waste and, if children are involved, education too.

The lack of housing supply is causing these kinds of situations in our borough. While 26 is a high number, it is not uncommon for our private rented sector licensing and planning enforcement teams to find 15, 16 or 17 people living in one house.

Last week I attended the Chartered Institute of Housing's conference and told industry experts what I thought should be happening to solve the well-acknowledged housing crisis in the UK.

I want to see an increase in houses, through a mix of tenures – this will help to stabilise the cost of buying and renting your home. This is why Newham Council has been inviting developers to invest in our borough, but as part of their investment they have to provide



affordable housing, jobs and training. I want to see councils investing and creating their own housing – this is why we have set up our own house building company, Red Door Ventures, which will create thousands more homes in the borough in coming years. And I want to see the Government empowering councils rather than forcing us to sell off our housing stock in cheap Right-to-Buy

deals, which result in a loss of our much-needed housing assets.

Here in Newham we are doing all we can to help our residents by creating housing, cracking down on criminal landlords through our private rented sector licensing scheme, and supporting those in housing need. However we are only one borough and we can't solve the housing crisis of London on our own.

with Sir Robin Wales

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Mayor's Newham Show

- The Top 50!

The Mayor's Newham Show will return to Central Park, in East Ham, on Saturday 11 and Sunday 12 July from 12noon to 6pm. This is your definitive guide to all the fun-filled activities planned for the weekend, almost all of which are totally **FREE**.

There's so much happening at the show. Here are our Top 50:

1 Celebrating Newham's 50th Birthday - the Mayor's Newham Carnival will involve more than 2,000 schoolchildren and community groups parading through East Ham. A spectacle of dance, music and costume, it is not to be missed. The parade departs from the junction of Rencliffe Road and High Street South at 2pm on Saturday.



2 More than 18 places to eat, from Caribbean to Lebanese and Thai to traditional British. There will be something to satisfy all tastes.



3 Or why not bring a picnic? With 45 picnic benches at the event, pack your sandwiches and enjoy an al fresco feast at the event.

4 Pop into the Central Park Cafe, open throughout the event serving hot and cold meals and drinks.

5 Relax in the shade in the beer garden and enjoy a drink from the bar in the Cobain tent.

6 The Metropolitan Police's Enforcement Partnership Team will be at the show all weekend, working with the council's Law Enforcement Officers. Have a go at working the council's CCTV network or pop into the mobile Metropolitan Police Station.



Celebrating
50 years of
Newham

Mayor of
Newham

7 Go by bus. Routes 58, 104, 101, 115 and 474 go to Central Park and the 5, 147 and 238 will drop you off at Barking Road. The nearest Tube station is East Ham, a 15-minute walk away. Replacement buses will operate on this line during the event weekend. Alternatively, from Canning Town Station, jump on the 5 or 115 to East Ham.



8 Get there on two wheels. Though bikes aren't allowed on to the site, cyclists will be directed to ample cycle parking where you can also book your bike in for a free service, and have your bike security marked by the Met Police.



9 Newham Village Fete will see the annual battle of the cakes, bakes, jams and chutneys. Judging will take place at 4pm each day. Email competitions@newham.gov.uk for more information or visit www.newham.gov.uk/bestinshow

10 The 1960s inspired Cabaret Tent will feature live music, comedy, acrobatics, dance, hula hooping, Newham's very own Asian Elvis Sel Bashir and others showcasing music from across the years.

11 The main stage will host a full programme of live dance and music hosted by Ashley J and Tee J. Fresh from the Britain's Got Talent semi-finals MD Legion street dance troupe will be on stage on Saturday at 3.40pm and gospel choir sensations Revelation Avenue will be taking to the stage at 3.25pm on Sunday.

12 Naughty TV proses Cook and Link from CBeebies' Swashbuckle will be appearing at the event on Saturday 11 July. Postman Pat and Jess the Cat will be appearing on Sunday 12 July. Cook and Link will be on main stage at 12.30pm and Postman Pat will be on the main stage at 12.45pm. Look out for them as well on the children's stage at intervals throughout the event.

13 Givers Are Unsung Heroes - visit the photo booth in the adult social care tent and transform into a super hero.

14 Discover Children's Story centre will create an installation from words using the 50th birthday theme to gather residents' thoughts, dreams and aspirations for the future and celebrate moments from Newham's past.



15 Don't miss the Stratford Circus Creative Children's Theatre programme in the Community Neighbourhoods area. Each day the area will host a new performance especially developed with families in mind.

Postman Pat and Jess the Cat will be appearing at intervals on 11 July/only
Oasis 100.4FM, Grange Roots postmanpat.co.uk/pip



- 16** Meet your local Councillor in the Community Neighbourhoods area, with storytelling and games, free balloons and the chance to find out more about where you live



WELCOME BACK TO NEWHAM COMMUNITY NEIGHBOURHOODS

- 17** The under fives' entertainment area is themed on the 1960s space race, including face painting, races, arts and crafts, bouncy castles, games, circus skills, a digital mobile planetarium, tablet and bag designing, circus skills, dedicated under-5s area with baby changing, breast feeding and bottle warming facilities



- 18** Check out the Festival of Food marquee, with cooking demonstrators from professional chefs. Get involved and cheer on local schools as they compete in cook-off trials and get some hands on experience making dough and tasting spices

- 19** Find out more about fostering and adoption opportunities in Newham

- 20** Meet the council's GreenSpace team and learn how to identify trees, win sunflowers and collect some bee-friendly wildflower seeds



- 21** A selection of experts will be on hand to help you find out how healthy you are, and what you can do to improve your physical and mental wellbeing.

- 22** The Hobbies and Crafts marquee is set to inspire with a range of free things to make and take away over the two days. From forestry and watercolour painting to biscuit decorating, make sure you get stuck in with activities and maybe even inspire a new hobby for you and your family.



- 23** Newham's Budget Challenge – the council needs to save £50m from its budget next year and we want your views on where these savings could be made.

- 24** Jobs and Skills – whether you're looking for work or training opportunities, find all the information you need to help you gain the skills you need for the career you want.



Mayor of
Newham

25

Showcasing Newham – past, present and future. Celebrate Newham's heritage and discover how the borough is transforming with major regeneration projects planned and already under way in Canning Town and Custom House, Stratford and the Royal Docks.



26

Live a more active life with Newham Council's leisure provider activoNewham.

Participate in a wide range of activities each day including rowing, table tennis, Zumba, rebounding, basketball, rugby, bocce, jiu jitsu, fencing, handball and hula hooping.



27

Find out more from activoNewham about many parks and open spaces plus health walks, Pilates sessions, community gardening and nature conservation, at the active outdoor area. Take part in pond dipping, sow some seeds, get involved and make giant land art and learn how to explore the forest floor.



28

Head over to the activoNewham area and meet the Newham Volunteers, find out what they do and how you can also make a difference to your community.

29

Interested in owning your own home but can't afford a large deposit or the cost of buying on the open market? See how the NewShare scheme could help you.



30

Pack a towel and your bucket and spade, or just pull up a deckchair and relax at Newham's very own strand. Four tennis courts will be transformed with

40 tonnes of sand, a paddling pool, shelter shelter, live steel band, donkey rides, fun themed activities and much more!

31

Pop into the Newham Village Hall where you can hook-a-duck, try your luck on the coconut shy, enjoy a round of crazy golf or partake in Victorian skittles.



32

Moot the Newham Mag team at the seaside and enter a drawing to be printed in Kids' Corner and enter a prize draw to win a family annual membership at Stratford Picturehouse.

33

Newham's Every Child a Musician programme will be hosting interactive sessions with tutors and offering lessons on trumpet, guitar, trombone, ukulele, keyboard, percussion, violin, viola, flute and clarinet.





34 Take part in a lawn bowls ladder session in the Bowling Green.

35 The Youth Hub will be buzzing with activity including gaming, football competitions, real art, the chance to trial music technology in the Audio Lab, roller skating and much more.



36 Enjoy a traditional funfair (the only activity in the park that involves a small fee).

37 The London Fire Brigade will be giving fire safety advice, offering residents the chance to get up close with a fire engine and will be giving short live fire demonstrations.



38 Try static canoeing and sailing, semaphore and adventure training with the Sea Cadets. Learn about life as a Police Cadet and try some tent pitching, knot tying and pioneering with the Newham Scouts.

39 Find out more about the Positive programme happening across Newham this summer. Enjoy some faster activities and sign-up to free, fun park sessions in your local area.



40 Have a go on a high ropes course!

41 Try your hand at blacksmithing at the event. Find out how blacksmiths handle metal to create shapes and objects using a mobile forge.



42 Head to the Newham Village Fete for your chance to win a free family camping holiday at Dibden House (for up to two adults plus four children.)



**Mayor of
Newham**



43 Visit George Drawdy VC's commemorative paving stone by the Cenotaph. Installed in April 2015, 100 years after George, from Forest Gate, was awarded the Victoria Cross. The stone is the first of five which will be laid in the park between now and 2018.

44 Celebrate Newham's birthday and watch 50 years of Newham in film.



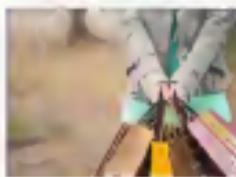
45 Step back in time and have your hair styled into a classic 1960s beehive at the pop-up hair salon.



46 Look out for walkabout strolling entertainers including 1960s Hippie Chicks Luna and Starburst and giant Ove Bill Walkers presenting some Memphis magic style to the event.



49 Don't forget to take and post your #Newham50 photos and @NewhamLondon will retweet some of the best.



47 A heritage exhibition of different locations in Newham through the decades from 1965 to the present day.

48 Rosetta Art Centre will be delivering Op Art workshops inspired by art from the 1960s. Find out more about Op Art and get creative and produce your own Op Art piece to take home.

Celebrating
50 years of
Newham

50 Chance to win £50 to celebrate 50 years. Make your way to the Showcasing Newham – past, present and future tent and enter the £50 shopping voucher competition.

For more information about The Mayor's Newham Show, visit www.newham.gov.uk/newhamshow

All programming is subject to change

Mayor of
Newham

Sound Insulation Scheme

The sound insulation scheme is located within the area around the boundary of the London City Airport as set by the Sound Insulation Scheme.

No application for the Sound Insulation Scheme is necessary. If your property is within the area where the first sound insulation scheme will increase a higher reduction in noise levels, and that would be suitable to you, these letters will be sent to the relevant areas.



To find out more about the Sound Insulation Scheme and what is included in the First and Second Tier Schemes please visit www.londoncityairport.com

For those already located under the Sound Insulation Scheme the inspection period is 10 years check up. For further information please visit www.londoncityairport.com

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Belmont Leisure Centre
14 Belmont Street
Plaistow, E13 0EE

East Ham Leisure Centre
2094 Barking Road
E4 8EP

Minet Park Fitness Centre
44A Deptford Green
Minet Park, SE8 0AA

Newham Leisure Centre
281 Forest Road
Plaistow, E13 0RS

*Free sessions e.g. swim slots for Newham residents available between 12-16:00 until 18:

Community units

Get set for a Great

Get ready to lace up your trainers and pull on your wetsuits. Time is running out to book your place for two of Newham's most exciting sporting events of the summer, the Great Newham London Swim and the Morrisons Great Newham London Run.

Great Newham London Swim

Saturday 18 July, Royal Victoria Dock

This is an exciting challenge suitable for all abilities, from first timers to budding triathletes and open water swim veterans.

Entrants can opt for either a half-mile or a mile course, taking to the water in the shadow of the O2 Arena and alongside the ExCel exhibition centre and the Emirates Air Line. You must be aged 16 and over to take part in the longer race and 12 and over for the shorter version. Whatever your level of experience, you can enjoy the water safety in the knowledge that expert safetykeepers will be with you every stroke of the way.

Ferne McCann, a star of TV's *The Only Way is Essex*, is taking on both the run and this swim, but this is her first open-water swimming event. She said: "I run regularly, but swimming in the open water, in a wetsuit, will be a whole new experience, so I am definitely getting a lot of training in!"

Olympic open water swimming silver medallist Dave Davies has some words of encouragement for Ferne and for anyone else taking on the challenge. He said: "Open water swimming can be really daunting if you've never swum outside of a pool, but if you enjoy swimming it's one of the best ways to get active. Once you've experienced the freedom of enjoying the water without lanes, walls or chrome it can become very addictive!"



swim
swim
SWIM

sporting challenge

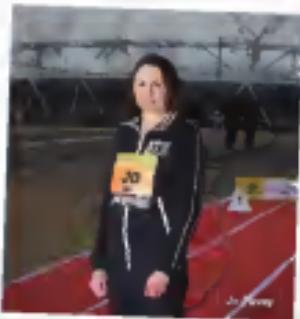
Morrisons Great Newham London Run Sunday 19 July, Queen Elizabeth Olympic Park

With a course that stretches across the picturesque Queen Elizabeth Olympic Park, runners will cross the finish line for the Morrisons Great Newham London Run on the former Olympic Stadium's hallowed track following in the footsteps of Mo Farah, Jessica Ennis Hill and Usain Bolt.

Though places for the Family Run event have now sold out, there's still time to grab a place in the 10k event and the team relay event, which have a limited number of places still available.

European 10,000m champion Jo Pavey is a long-time supporter of the Great Run Series and is encouraging readers to pull on their trainers and get involved. She said: "I will never forget running in the Olympic Stadium at London 2012, and now everyone has the chance to enjoy the same atmosphere and experience, which is fantastic. It's a great event, and I think the 10k distance is an achievable goal for most people."

Marathon world-record holder Paula Radcliffe agrees that 10k is a distance even novice runners can set their sights on, and has selected six London women to act as ambassadors for the event. Vicki Read, manager of Newham Leisure Centres in Plaistow, is one of the women selected by Radcliffe. She said: "You can build up slowly and with a crowd behind you, it's surprising how far you can go. You will always do better in an atmosphere like that than when you're running on a treadmill."



Sir Robin Wales, Mayor of Newham, said: "I hope people grab the opportunity to take part in one or both of the great Newham events whether it's for a personal fitness

goal or as a challenge for charity. Whether you're running, swimming, or just watching and cheering on the participants, it's a great weekend for the whole family."

To sign up for the Great Newham London Swim or the Morrisons Great Newham London Run, visit www.greatwms.org and www.greatrun.org/newham



WE
NEED
YOUR
VIEWS

Giving our children the Best Start in Life

We want to deliver a package of support to improve outcomes for children and families across childcare, early education and health. Share your views on the services that should be provided in our children's centres and where the centres should be located.

Fill in our online questionnaire by Thursday 23 July at www.newham.gov.uk/beststart. Paper copies are also available at libraries and children's centres.



London Borough of Newham
FOREST GATE
COMMUNITY NEIGHBOURHOOD

Forest Gate Arts Trail 20 July - 8 August

20 days, 26 venues, more than 40 artists.

With exhibitions, open houses, workshops and Q&A sessions with artists, the Forest Gate Arts Trail is a series of events you won't want to miss.

To find out more, or request a full listing of events, please contact the Forest Gate Community Neighbourhood team at CN.Forestgate@newham.gov.uk or call 020 3323 0886.

Sponsored by

 Newham London

Newham stars shine so bright

Newham College of Further Education celebrated the achievements of some of their most outstanding students at their Shining Stars Awards at the East Ham Campus, E6.

College Principal and Chief Executive, Dr Gowland, said: "We are proud of these exceptional students, and of our staff who have an essential role in guiding, motivating and teaching. Without their hard work and dedication, there would simply be no students to award."

East Ham councillors Lakshmi Singh and Quintin Pappaliti presented the award for Champion in Promotion Equality & Diversity to Monazza Shafiq. Cllr Pappaliti said: "Newham's young people are one of our borough's biggest strengths. It's an honour to be here this evening to present this award on behalf of the council."

More than 300 guests attended, including Olympian Tessa Sanderson CBE, TV star Poly Goss, designer Zandra Rhodes and rugby star Martin Offiah.

The evening raised £55,000 to support the Learning Revolution Trust, the college's charity that aims to remove financial barriers to people who want to improve their lives through education.

Shining Stars Awards winners (Award sponsor in brackets)

Apprentice of the Year (Newham Recorder)
Rajesh Desai

Skills Row Bapska-Taylor Award
Graeme Parsons

Love Food Champion Award (Cafe Football)
Tara Lynch

Sir John Berke Cup for Outstanding Engineering Student
Mibela Ndingoma

Champion in Promoting Equality & Diversity Award (Newham Council)
Monazza Shafiq

Lee Alexander McQueen Award
(Howard Kennedy)
Connie Do

Learning Revolution Trust Student of the Year (JEL)
Salomey Kassane

Learning Revolution Trust Sports Award
Layissa Kouihate

Achievement Award (Westfield Europe Ltd)
Scottie Mubanga

Contributions to College Life Award
(DL Rose)
Chelsey Davis

Enterprise and Employability Award
(Upson Group Ltd)
Salomon Gyensade

Outstanding Progress Award
(Galaxy Qualifications)
Elizabeth Pittless

Group of the Year (Total Hospitality Training)
Sankrah Alireesab, Leanne Brett, Samima Durr, Mohammad Ashiq Farhey, Razia Ghodwala, Shamarko Abd, Alman Ahmed, Precious George, Dillon Heran, Metakla Zdanowicz

AA Officer Award
Newham College 2014/15 Indoor Cricket Team

Staff of the Year (Castel Thornton UK LLP)
Bee Anokosah

Governors' Award (Bridgwater Foundation)
Tamanna Khanan

Martin Tolhurst Outstanding Leadership Award
Denisriya Bellouva Garkova

Higher Education Student of the Year
(Capita Managed IT Solutions)
Mehak Farook

Student of the Year (Learning Curve Group)
Kewini Radu



The visual rewards



Newham in pictures



1 Sowing seeds for the future! Pupils get gardening at an event to mark the 30th birthday of Calverton Primary School, E16. 2 Order, order! Councillor Aleen Alencz shows pupils from Tolgate Primary School around Newham Town Hall's Council Chamber, E5. 3 On the cutting edge! Youngsters at Sandringham Primary School, E7, get busy preparing for the Mayor's Newham Carnival. 4 Don't pull any punches! Punch and Judy perform at a garden party in Central Park, E8, to celebrate Newham's 50th birthday. 5 Read all about it! Getting comfortable in the newly renovated Forest Gate Community Neighbourhood Centre at The Gate, E7.

Tackling dome

Domestic violence is a term that covers many kinds of behaviour. It can involve controlling, coercive or threatening behaviour, violence or abuse. Domestic violence can be perpetrated by any intimate partner or family member, regardless of gender or sexuality. Domestic violence can include psychological, physical, sexual, financial or emotional abuse.

Those who seek support from Newham Council and who are identified as high risk will work with an Independent Domestic Violence Advocate (IDVA). An IDVA is a trained specialist who provides a service, with the aim of securing their safety and the safety of their children. As a victim's primary point of contact, an IDVA works to lower someone's risk and empower them to make changes to their lives by developing a safety and action plan. IDVA support and work over the short-to-medium term to put victims on the path to long-term safety.

"Newham has a zero tolerance approach to domestic and sexual violence, and this shows how well the Council is working to tackle these issues"

To investigate the effectiveness of IDVAs, Newham Council commissioned Professor Allan Brimicombe from the University of East London to evaluate the success of the service by looking at whether using the service reduces the chances of someone being a repeat victim of domestic violence. The results showed a strong connection between the IDVA service and a reduction in domestic violence, with a 66% reduction in incidents following support from the IDVA service, and 45% of victims reporting no further domestic abuse to the police.

Mayor of Newham, Sir Robin Wales welcomed the report. He said: "These findings show that this is a vital service. In supporting people at one of the most vulnerable and frightening points in their lives." Councillor Umesh Dossal, Cabinet Member for Crime and Anti-Social Behaviour, added: "Newham has a zero tolerance approach to domestic and sexual violence, and this shows how well the Council is working to tackle these issues."

The IDVA service is provided by the Newham One Stop Shop. If you are experiencing domestic or sexual violence, call the Newham One Stop Shop on 0845 451 2547 for free and confidential support. The line is available 24 hours a day, 365 days a year, or e-mail info@newham.gov.uk.



stic violence



One Woman's Story

Anne has mild to moderate learning difficulties and a physical disability. She was in a relationship for six years with her partner Bob, who was her full time carer and father to her daughter Emily. Bob was verbally and physically abusive to Anne and was also financially abusive by taking control of her Disability Living Allowance over a three year period. Anne had never told anyone, in Bob threatened to take Emily out of the country if she disclosed to anyone what was happening at home.

On one occasion, Bob assaulted Anne and broke her arm. Anne's mother took her to hospital to have her injuries looked at. Anne finally disclosed the domestic abuse to staff at the hospital.

Anne's sister, concerned for Anne's welfare, attended the police station where she saw an IDVA. A referral was made to Newton Council's IDVA Service and Anne was identified at high risk. Together the IDVA and Anne discussed a safety plan as Anne wanted to end the relationship with Bob.

With the help of her IDVA and the support they made together:

- Anne was referred to the Hospital Social Work Team, and Adult Social Care Services put a new care package in place for Anne, adapting her home and arranging a carer;
- Anne received help from Children and Young People's Service to get help in looking after her daughter;
- Anne was referred to a solicitor, and Bob's name was removed from the tenancy. She was also granted a Non Molestation Order, and an order meaning Anne and Emily could remain living in the family home without threat from serious harm or Anne or her daughter being abducted;
- IDVA supported Anne through attendance at court hearings. Bob was charged by the Crown Prosecution Service and was found guilty of the assault. He was also found guilty of breaching the Non Molestation Order and was taken into custody.



'Signing up' for
the Newham
Deaf Forum

Paul Nitulia is the Chair of Newham Deaf Forum, a group of residents that gives a voice to Newham's Deaf community, allowing them to share information, seek advice, and campaign for better access to public services.

Paul, 25, was born in Tanzania and moved to Newham aged three, having lost his hearing at 18 months old. He now lives in West Ham and joined the Deaf Forum shortly after its creation in 2013, and there have been big changes in this time. Paul says: "When I joined the group, it was a hearing-led service, but once I came along I was happy to take on the role as Chair. Now the Forum is led by Deaf people, which is important because one of the reasons the Forum exists is to protect what we see as our Deaf identity and make sure our language continues. Deaf people value their language and their culture just like anyone else. We want to be champions for Deaf people."

"Newham Deaf Forum is helping to build bridges with important services."

Paul attended the University of Central Lancashire, gaining a degree in Politics and Deaf Studies, and he played an active role in the student Deaf community. Here in Newham, he is concentrating on making sure all Deaf people have the confidence to have their voice heard. He explains: "To start with, I met a lot of people who lacked confidence, and there are many people who have had bad experiences, for example with the medical profession."

Deaf people are often confronted with barriers in how information is displayed, and it is often assumed that all Deaf people can lip read, which is not the case. Paul says: "Very often information is passed to people who are Deaf in written English, which is not our first language, so they think we can read lips. British Sign Language (BSL) has its own syntax and structure. It is very different to written English and a lot of Deaf people – particularly older people and those from abroad – cannot understand written English."

Somebody came along from Newham Health Watch, and after listening to us, services have improved. It's important we're listened to on these issues, because there's information hearing people can access that Deaf people can't. The Forum challenges this and informs people who may not understand what it's like to be Deaf."

Paul currently works part-time for a deaf company, but his ambition in the future is to set up his own business as a motivational speaker and trainer in Deaf awareness, sharing his own story and spreading awareness of Deaf issues. He also has big plans for the future of the Deaf Forum in Newham, and wants to keep the momentum going amongst Newham's Deaf community. He said: "One thing that shows how the Forum has grown is the drop-in session that now exists for Deaf people. It is run by social services, who set up the sessions after they visited us at one of our meetings. If you get a letter, and you don't need English, if it contains a lot of jargon you don't understand, the sessions provide somewhere that you can have things translated into BSL. This started as a monthly drop in, and it's now fortnightly. With enough demand, it could become a weekly thing. Deaf people do not need to be patronised – we don't need anyone to feel sorry for us. We just need to break down the barriers in our way, and Newham Deaf Forum is helping to build bridges with important services."

The Newham Deaf Forum currently meets once a month. For more details, and for more information on drop-in sessions for Deaf people, email Paul Nitulia on paulnitulia69@gmail.com

British Sign Language Interpreters and spoken language interpreters in Newham are booked through The Language Shop. For more information, visit www.languageshop.org

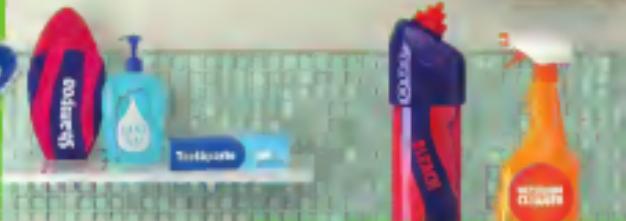
RECYCLE

all of these items

from your BATHROOM

Top tip:

Remember to remove and put trigger spray and pump dispenser tops in your rubbish



from your KITCHEN

Top tip:

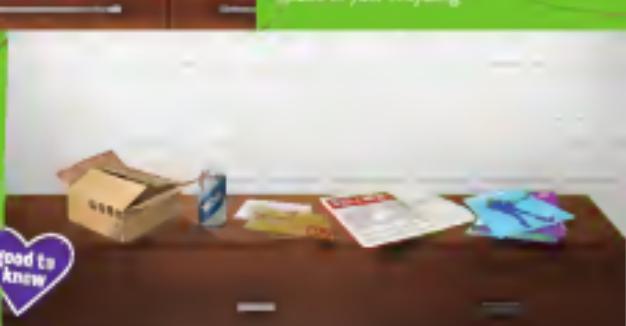
Squash cans and bottles and flatten boxes to save space in your recycling



from your LOUNGE OR BEDROOM

Top tip:

Recycle all the newspapers and envelopes from your living room



If you are unsure about any items or want to check a collection day visit www.newham.gov.uk/recycling



Guide to what's hot in **Summer**

Summer is here and in Newham we promise a host of fun opportunities for people to get out, get active and join in.

Every child and young person in Newham has received, through their school, a copy of the Summer in Newham Guide 2015. Inside you will find information on a huge amount of free summer activity available in the borough between now and the end of September.

There is something for everyone, including the Summer Reading Challenge, sessions in more than a dozen sports and, as part of the Summer School, courses ranging from horse riding to dressmaking and from cake decorating to caring for animals. You'll also find a wall planner to help you plan your summer break.

Young Mayor of Newham Yassan Bui said: "I encourage all young people to get the most out of their Summer in Newham Guide and discover the full range of what's going on near them – whether that's heading along to one of our big free events like Under The Stars, or enrolling on a free course as part of the Summer School. Thousands of people already enjoy what we're offering and I want many more to get out and get active in the months ahead."

The guide also contains information on how to get involved in elections for Young Mayor and the Youth Council. Yassan added: "This is your chance to promote the interests of Newham's young people and get the most out of the opportunities available to

you. It's important that every young person makes their voice heard!"

Nursery, primary and secondary school pupils have the Summer in Newham 2015 brochure and additional copies are available in community neighbourhood centres, youth zones and colleges. You can also pick one up at the Mayor's Newham Show in Central Park, East Ham, on Saturday 11 and Sunday 12 July.

For information of free events and activities for everyone to enjoy, including free courses at the Summer School, visit www.newham.gov.uk/summer or www.newham.gov.uk/summerschool

Share your views and help improve Newham through better connections and neighbourhoods for local people.



You can earn rewards for your time.

www.newham.gov.uk/pasta

The project has received funding from the European Union's Urban Environment and Climate Change programme. It is managed by the London Councils and delivered on behalf of Newham Council.

Don't ignore it, report it!



Download the free Love Newham app now at www.newham.gov.uk/lovenewham

Love Clean Streets

Older Persons FreedomPass Applications from July 2015

All applications for an Older Persons Freedom Pass must now be completed online.

If you don't have access to a computer then you can visit any of Newham's ten libraries to use a computer for free and receive support to get online.

It is no longer possible to apply for a Freedom Pass at the Post Office.

If you're unable to apply online then you can pick up a paper form from any of Newham's ten libraries.

For more information or to find out if you're eligible for a Freedom Pass, visit www.freedompass.org or call London Councils on 0800 233 1433 (Monday to Sunday, 8am to 8pm)



On art trail in Forest Gate

Last month, the new-build Community Neighbourhood Centre at The Gate, Woodgrange Road, E7, opened its doors to residents. Building on the centre's function as a library, the refurbishments include extra community space for events and meetings, free Wi-Fi and a coffee shop run by local independent retailer Coffey.

The existing library services are still in place but are now part of a wider offer to residents, providing space to find out what's taking place in their local community and ways they can get involved.

The first high-profile event making use of the additional space is the Forest Gate Arts Trail, which kicks off on 20 July, with 20 days of exhibitions, open houses, workshops and Q&A sessions with artists.

This is the first year that the Arts Trail has been attempted and it is truly a community partnership after The programme is being organised by a group of local artists and the Forest Gate Community Neighbourhood Team who are working together to produce a trail which will, hopefully become an annual event.

More than 40 artists will be exhibiting their work, with paintings, sculptures, ceramics, jewellery and more, across 20 venues in the neighbourhood, including The Gate Community Neighbourhood Centre, Woodgrange Market and local coffee shops. There are activities to suit every resident, whatever you consider art to be.

Councillor Rishma Rahman is the Lead Councillor for Forest Gate Community Neighbourhood. She said: "The refurbishment of the Forest Gate Community Neighbourhood Centre was undertaken to help people get more involved in their local neighbourhood. The Forest Gate Arts Trail is a great example of this. This is the first time we have attempted the Arts Trail and I

am impressed at the way the local arts community has come together to deliver an innovative and ambitious programme of events. I would encourage everyone to come down to The Gate, and other venues in Forest Gate, to enjoy it for themselves."

To request a full listing of the events in the Forest Gate Arts Trail, email the Forest Gate Community Neighbourhood Team at CN.Forestgate@newham.gov.uk or call 020 3373 0656.

London Borough of Newham

FOREST GATE
COMMUNITY NEIGHBOURHOOD



Top marks for Newham head teacher

Paul Harris, head teacher at Curwen Primary School in Plaistow, has taken the Head Teacher of the Year award at the 2015 TES Schools Awards. Hosted this year by the writer and comedian Greg Davies, the awards recognise outstanding contributions made by education teams and individuals to help students around the country to succeed - both inside and outside the classroom.

Mr Harris has been the head teacher at Curwen since 2005, guiding the school to an Outstanding rating from inspectors Ofsted in 2009, and building on that success since to raise academic standards at the school. He has taken his winning formula on the road to help other schools, including Kensington Primary School, E12, where he has become acting head teacher.

Ann Mroz, editor of the TES – formerly known as the Times Educational Supplement – said: “Paul Harris is a galvanising force in school and the community, going beyond his role to support and inspire others.”

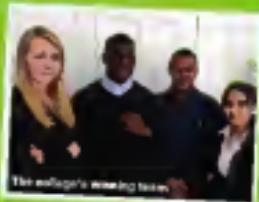


Mr Harris (middle) with Greg Davies (left) and Ann Mroz (right), last night's hosts

Sweet success for design students

London College business students have been invited to re-design a sweet shop in Cale Footbal, one of Westfield Stratford City, E15. They were chosen for the job after pitching their ideas to a panel of professionals at the Cale Football Headquarters in a Dragons' Den style selection process for the job, boasting two positive for the job.

The BTTC Business student who led the winning pitch, Abu Sarker Taki, said: “I spent over a month preparing for it. We researched Cale Football and well as other businesses to get ideas on how to improve them. We also received presentation training from Newham College of Further Education which helped us create a mood board for the shop.”



This college's winning team

Song, dance and dinner in Canning Town

A community-minded Newham resident is hosting a free event in Canning Town to bring people together for an afternoon of fun. All are invited down to The Hub, 148 Star Lane, E15, on Saturday 18 July between 4 and 7pm to enjoy world music, dancing, and get together to know new neighbours. Guests are encouraged to bring a dish of food to share. If you are interested in performing at the event as a musician or singer contact Vicki Sutton on 07752 677 425.



Coffee, tea, and a health MOT

Brixton Library will host a special coffee morning for those who would like to find out more about health and wellbeing support services.

Residents are invited down on Thursday 9 July between 10.30am and 11.30am, for a coffee and a chat. Specialist experts will be on hand for a range of medical topics, including the Stroke Association, support services for tuberculosis (TB), and representatives from ASK – a mental health charity based in the borough. If you're living with diabetes, you can speak with one of our Diabetes champions, or find out if you might be at risk of developing the condition. There will also be the chance to take a Health MOT, so make sure you're looking after your medical needs.

For more information, email

CH-Healthcare@newham.gov.uk or call 020 3373 1616.



Win tickets for Sainsbury's Anniversary Games



This is your chance to get your hands on a pair of tickets for the prestigious IAAF Diamond League event. When it returns to Queen Elizabeth Olympic Park on 24–26 July.

Some of the world's best athletes will be in action, including Greg Rutherford, Jessica Ennis-Hill and Mo Farah, marking three years on from the 'Super Saturday' where they each struck Olympic gold in one incredible night. New stars will also grace the famous track, such as European Indoor pentathlon champion Katarina Johnson-Thompson and rising sprint star Dina Asher-Smith, who recently broke the British 100m record.

The Newham Mag have four pairs of tickets to give away. To be in with a chance of winning a pair, send an email to [Newham.Mag@newham.gov.uk](mailto>Newham.Mag@newham.gov.uk) or a postcard to Newham Mag, 1000 Dockside Road, London E16 9GU before 13 July, specifying your preference of Friday or Saturday night tickets. For more information on the Sainsbury's Anniversary Games or to book tickets visit www.britishtickets.org.uk.

Kids' Corner

PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE RORO, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY



Diane Shett, 7



William Fenningshaw, 8



Deena-Leash Jordon, 8



Shauna Agostinello, 8

Win free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Docklands Road, London E16 2QJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Poem

Classroom after school

whiteboard crammed with
Numeracy notes,
Begging to be rubbed out,
While other whiteboards go aloft.

A flattening football boot left
Alone,
Waiting for his partner,
Next to a toy bone.

A island of split glue,
With chips of pencil shaving,
Rubbers bathing.

The vacuum cleaner
Sounded like world war two,
It is dirty like the zoo,
VRROOM!! Tidy up
With a VRROOM!!

Assma Patel, 10



A	G	N	I	D	P	I	U	B	O	F	T	B	N	C	N	N	E	E	D
U	F	A	O	P	A	O	T	E	E	R	E	C	H	S	F	O	D	I	T
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U	I	O	D	N	W	E	T	E	I	S	A	N	I	K	T	N	A	T	R
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E	R	R	A	L	M	R	H	S	S	S	R	E	C	T	N	A	T	R	F
R	S	A	K	E	T	Y	N	O	M	E	R	C	U	L	E	R	T	R	D

Bridle
Pace
Field
Flowers

Gallop
Grass
Horse
Pony

Saddle
Stirrups
Trot

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Super Science Month – Sat 11, Sun 12, Sat 18 and Sun 19 July, 12.30-2.30pm. Make stories come alive at Discover Children's Story Centre, High Street, E15 4QZ, £4.50 for Newham residents, and free for under twos. To book call 020 8539 5565

2

Manor Park Jumble Trail – Sat 11 July, 10pm-8pm. Like a car boot sale, but on your street! Run by residents, stalls are being set up in the Manor Park area. For more information and to set up a stall, visit www.jumbletrail.com/viewevent/5155802016

3

Tokyo Diary – until 26 August, at Bradford Circus, E15 1SA. A new installation of pocket-size souvenirs from across Japan.

TRY SOMETHING NEW... FORAGING

Learn what plants you can eat in the urban environment, and join Cavershamer on a foraging walk. The free event is being held Sat 18 July, 11am-1pm at their site at 100-116 Silvertown Way, Canning Town, E16 1EA. Develop your ability to identify useful plants – you'll find that once you know what you're looking for, things will start to spring out in front of you in a range of environments and unexpected places.

MENTION THE MAG...

Summer is the season for cricket, and all across Newham there are fantastic opportunities to get out on the pitch. Essex County Cricket Club are running coaching sessions for young people in August at New Vic 86th Form College, Prince Regent Lane, E13 8HL. Whatever your ability, courses are being offered for under nines (4 August), girls aged eight, 13 (5 August), under 11s (6 August), and under 16s (7 August), with coaches from Essex Auto Group Graham Goodrich Cricket Centre. All courses run 10am-3.30pm and if you mention this issue of the Newham Mag, the cost is reduced to £30 (July issue £35). For more details, visit www.essexcountycricket.co.uk/cricket-centre and to book call 01245 254 026



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am; Custom House

Rhyme Time

Thurs, 1.30-2.15pm; Custom House Mon, 4-4.45pm; Canning Town

Storytelling

Mon, 11am-12noon; Tues, 20-21pm; Sutton Globe; Mon, 10.30-11.15am; Custom House; Tues, 10.30-11.30am; Canning Town; Tues 11am-12noon; The Gate; Tues, 10.30-11.30am; Thurs, 9.45-10.45am; East Ham; Tues, 10-11am; Sat 11-3pm; Fri, 1pm; Green St, Pl, 10-11am; Manor Park; Thurs, 2.30pm; North Woolwich; Tues 10-11am; Thurs, 2.30pm; Platelot; East End Pl; 11am-12noon; Stratford

Stay and Play

Support for parents and carers to develop their child through play. Tues and Wed 10am-12noon and Sat 11am-1pm; Stratford; Thurs, 1.30-3.30pm; Jack Cornwell C.C.; Tues, 9.30-10.30am; Jeffer C.C. Tues, 9am-12noon; Grassroots; Thurs, 1-2pm; North Woolwich

Tues, 2-4pm; Thurs, 2-4pm; Sat, 11-3pm; Sun, Green St

Music and Movement
Sessions for parents/carers and children Mon, 10.30-11.30am; Grassroots

Baby Sing-a-Long

Thurs, 1-1.30pm; North Woolwich

YOUNG PEOPLE

Board Games Club (7-12yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time: Thurs, 4pm; Dean St and Custom House; Thurs, 4.30-6pm; North Woolwich; Tues and



Fri 4.30pm Stratford Jam Itmej,
Sat 2.30-4pm, Manor Park

Games Club (7-16yrs)

Sony PS3, XBox360, Nintendo
Wii board games and more
Tues 3.30-5.15pm Custom
House Mon, 3.30-5pm Flextow
Thurs 4.45pm Canning Town
Wed 3.30-5pm, Forest Gate

Newmarket Club

Mon 3.30-4.30pm North
Wholesch Mon, 4-6pm,
Stratford Weds 3.30-5.15pm,
Manor Park Thurs 4.45pm
Plaistow Fri 3.30-5.30pm
Canning Town Fri 4-6pm
Beckton Fri 4-6.30pm East
Ham Sat, 10am-Tues; The
Gate Sat, 2.30-3pm Green St

Proud Young Project (7-16yrs)

Activities for young people. Mon,
3.30-5.30pm Jack Carroll C C

Children's Movie Club

Booking essential Thurs
4-6pm, 7-12yrs The Gate,
Sat, 3.30-5pm, 9-13yrs (under
16s must be accompanied by
an adult). Green St

Arts and Craft Workshop (5yrs+)

Mon 3.30-5pm Fri 3.30-5pm
Sat 2pm Green Street Tues,
4.30pm, Plaistow Sat, 2.30pm;
Canning Town Sat, 2.30pm;
Custom House

Young Readers Club (7-12yrs)

Read and discuss your favourite
books Tues, 4.45-5.15pm North
Wholesch, Sat, 10.30am
12noon Manor Park

Children's Movie

Mediterranean (10-12yrs)

Sat 3.30-5.30pm Green St

Let's Start Sewing (7-16yrs)

Beginner sewing classes Sat, 12noon-3pm, Woodman
C C Woodman St, E16 Email:
thebam@btconnect.com

Spelling Bee Club (7-13yrs)

Tues, 3.30-4.45pm, Green St

Spanish Club (7-14yrs)

Weds, 4.45pm, Beckton Email:
mari_maria.flores@hotmail.es

ACTIVITIES AND SUPPORT



Time-2-Craft (10yrs+)

Sat, 7.30am-12noon Stratford

Chess Club

Mon, 5.30-7.30pm, and Thurs,
5.30-7.30pm, East Ham
Weds 3.30-5pm Canning St
Thurs, 5.30-7.30pm, Stratford
Fri, 3.30-5.15pm, The Gate

Coffee Mornings

Mon, 11am-12.30pm North
Wholesch Tues, 10.15-12noon
Beckton Tues 14 July
10.30am-12noon, Manor
Park Tues, 11.30am-12.30pm,
Custom House, Weds 15 July
10am-12noon, East Ham
Weds 15 July 10.30am-2pm,
Green St Thurs, 10.15-11.30am,
Canning Town, Thurs 9 July
10am-12noon, Stratford, Fri
10-11.30am, Jayce C C

Do It Online (18yrs+)

Six or eight week basic
computer training. Advance
booking required contact library
directly Tues 10am-11.30am
and 7.30pm-10.30pm The

Gate Tues, 10am-12noon East
Ham, Tues 10am-12noon and
2.45pm Plaistow Mon, Tues
12noon, Manor Park, Weds
2.45pm, Stratford Tues 10am
1pm Thurs 10am-12noon,
Green St Tues 10am-12noon
Katherine Rd C C Wed, 10am-
12noon, Plaistow

Knit & Natter (18yrs+)

Weds 10am-12noon, Beckton,
Fri, 10.30-11.30am Canning Town
Fri, 10am-12noon, East Ham,
Tues 10.30am-12.30pm
Manor Park, Weds 10.30am-
12.30pm, Green St

ICT Surgery

IT advice for all ages Mon 10am
12noon and 2-3pm, Plaistow
Wed 10.30am-12noon, Stratford
Fri 2-4pm Canning Town

Weekly Get Together

Try new things! Weds,
10.30am-12.30pm, Green St.
Call 020 3373 0457

Love Newham app

drop-in Learn how to report

issues via the app. Mon
10.30-11.30am, The Gate

Community Links Drop In

Get housing and benefit
advice. Call 020 8549 9825 to
make an appointment. Thurs 9
7.30-8.30pm Katherine
Road C C Call 020 8549 9846
Mon 8 July 10-11pm, Green St
Call 020 3373 9857

ICT Drop-In Session

Set up a My Newham profile
and create an email account
Fri 10am-12noon, The Gate
Fri 10am-12noon, Green St

Wings Night (16yrs+)

Thurs, 8.30pm, Green St

East New Youth Zone

Sony PS4, DJ decks and other
activities. Tues 4.30pm East New

Nappy Living Club

Indoor and outdoor activities
for over 50s. Tues and Weds,
1.30-5.30pm Jayce C C

Safer Neighbourhood Team Drop-In

Fri 12noon-1pm Stratford

Deafroots Deaf Club

Learn sign and hearing things.
Mon 1.30-3.30pm, Stratford
Members £1, Non-members £2

Silver Surfers IT Course

Fri 2.30pm Beckton

Support in Action

Thurs, 10.30am-4pm, Jayce C C

Martial Arts (16yrs+)

Fri, 5-6pm, Jack Carroll C C

Get on Target Business

Advice Surgery Tues
12noon-3pm, North Wholesch
Call 07901 578 487 to book

Spec Speaking English with Confidence

Mon, 10-11am North
Wholesch Mon 10-11am
Plaistow Mon-Fri 10-12noon,
East Ham; Mon 10-11am,
Weds 10-11am Thurs 10-

11am, Green St Tues 1.30-
2.30pm, Thurs 6-7.30pm Sat
10am-12noon, Stratford Weds,
10-11am, Manor Park Weds,

Thurs 10am-12noon, The Gate

Life in the UK Classes

Weeks, 10am-12noon, East
Ham, Fri 12.30-2.30pm Green
Street Weeks, 12.30-2.30pm,
Fri 10am-12noon, Plaistow;
Contact 020 8542 3804 for
information

Chat and Chat Women Group (18yrs+)

For women who use mental
health services. Weeks,
10.30am-12.30pm, Plaistow

Ebony East Steel Pea Academy

Tues 4.30-6.00pm (17-18yrs); Weeks
3.30-6.30pm (8-11yrs) One
Love Community Centre, 1
Bishop Ave, E13 0PU Call
07555124791, 04 781 8800
988

Friday Film Club

Fri 2pm, Plaistow

Greens Surgery

Guidance for Let's Get the
Party Started and Go For It
groups. Mon 6 July, 3.30-5pm,
Green St Thurs 9 July 4-6pm,
Manor Park

Newham Steelband Sessions for beginners

Tues and Thurs 8.30-9.45pm,
Canning Town Conservatory,
110-116 Silvertown Wy, E16
8E To register call 07927 844
628

Work Piece Drop-In

Weeks 8 July 2-4pm Stratford
For more information email
nhnewham@newham.gov.uk

Sewing Bees (18yrs+)

Sat 2-4pm, The Gate

CYANA

Cancer You Are Not Alone
Information and advice. Thurs
20 July, 3pm, The Gate

Adult Reading Groups

Sat, 10.30am-1pm, Green
St, Thurs 18 July, 8.30-
7.30pm East Ham. Email
adultreadinggroups@newham.gov.uk
for current book and more info

Alcohol Awareness

Thurs 18 July 3.30pm, The Gate

Nordic Walking

Weds, 9.30am, Meet at Field C.C.
Not suitable for wheelchair. Tel: 07783 860 429
Thurs 8.30pm, Meet at
Newham Leisure Centre, E13
Sun, 10-11.30am, Meet at East
Ham Leisure Centre, E3

Young at Heart

Bingo Club: Mon, 12noon
4pm, E1 Joyce C.C.

Ballroom Dancing

Mon, 10am-12noon, St Paul's
Church Centre, Burger Rd, E3
£2.60 per session,
Call 07781 209 483

Active Centre Bingo (50+ys)
Thurs, 7.30pm, Jack Carroll C.C.
Mon, 12noon-6pm, Joyce C.C.

Over 50s club

Thurs, 10am-12noon, Beckton

ICCAN

Fish based group with cultural
activities. Fri, 12noon-2pm
Joyce C.C.

Active & Connected

Social group for gay and bi
men. Last Monday of each
month. For information contact:
020 7791 2885

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C.

Dominoes Group

Fri 8.10pm, Field C.C.

Tee Games

Weds 15 July-1 Sept, 12pm,
Mark's C.C. E1 5Q

Chair Based Yoga

Tues, 12.30-1.30pm, Manor
Park

GREEN**Green Gym**

Weds, 10am-1pm, meet at
Visitor Centre in East Ham
Nature Reserve, Norman Rd, E6
Tel: 07845 973 198

Green Volunteering

Tues and Thurs, 10am-6pm
Shearwater Wk, E18 (opp.
Holtville Rd)

Garden Club

Tues, 7.30pm, Thurs, 4.7pm

Sat, 10am-4pm, Abbey Grange,
Bakers Row, E15

Gardening Thymes

Wed, 11am-1pm, Bowring Green,
Central Park, High St South, E8

Grow Together Be Together

Community Gardening Club
Wed, 10am-1pm, Sat, 1pm-3pm
Flinders Field, Mattock Rd
entrance, E11 0QD. Tel: 07744 760 760

Consensual Garden

Volunteering
Thurs and Sat, 11am-3pm,
Silverton Wk, E16. For
information call 07773 563 364

DOORSTEP CLUGG

Call 0200 124 0129 unless
otherwise stated.

Athletics Club (14yrs+)

A youth sport session focusing on
athletics, football and the gym.
Tues, 6-7pm, Newham Leisure
Centre, E13. Tel: 07778 394 758

Gym & Basketball (14yrs+)

Tues, 6-7pm, E1, Rokabye
School, Bowring Rd, E10

Shant & Tumble (14yrs+)

Thurs, 7.30pm, E5, Tumblin' Chear
& Dance, Galore Reach, Arnside
Wy, E8. Tel: 07888 812 810

FEMALE SPORTS

Basketball Sessions
Tues, 4.45pm, Chobham
Academy, 40 Chearing Ln, E20

Bare2Dance (12-18yrs)

Street dance, Fri, 3.30-5.30pm
Newham Leisure Centre, E13

Female Bootfit (14yrs+)

Mon 4.15-5.15pm, Barking Leisure
Centre, E12. Tel: 0208 570 7858

Girls Football (11-16yrs)

Tues, 4.45-5.30pm and Thurs,
5.30pm, Newham Leisure Centre,
Fri, 5.30pm, Memorial Park, E15

Girls Group Cycling (11-16 yrs)
Tues and Thurs, 5.5-6.30pm,
Newham Leisure Centre, E13

Just Play (14yrs+)

Wed, 5.30-6pm, multi sports
from 11yrs, Cumberland School
E13. Tel: 0200 124 0129

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, E3 10
Newham Leisure Centre, E13

AthletiFit (14-18yrs)

Athlete Press Wed, 5.30-6.30pm
E11 Flushing Community Centre
Niper Rd, E8. Tel: 07718 394 758

Get Back into Netball

Thurs, 6.7.30pm, juniors
7.30-8pm, seniors E2, Lister
Community School, E13. Tel:
07717 281 529

Female Only Gym Sessions

Mon, 3-4pm, 16-20yrs, Mon
and Wed, 7.30-10.30pm, Tues
and Thurs, 12noon-1.30pm
Sun, 3.30pm, 17-19yrs, E4 8S,
Newham Leisure Centre, E13

Keep Fit

Wed, 10am, E7, Chondas East
Centre, E15. Tel: 07960 944 085

Ladies Only Keep Fit

Wed, 10am, E1, Chondas East
Centre, Chondas Rd, E15
Thurs, 10am, E10, 80, Rokabye
Centre, Rokabye St, E15

Women's Badminton

Fri, 1.30pm, Basildon Leisure
Centre, E6, E2, equipment
provided. Tel: 07900 162 006

Women United AFC (14yrs+)

Mon 6am-8am, 8.7.10pm
E1, Kingford School, E8. Tel:
07782 932 979

Zumba and Tone

Tues, 1.15-2.15pm, E1
St Bartholomew's Church Hall
Basing Rd, E8. Tel: 07944 775 079

Women's Martial Arts

(14yrs+) Tues, 3.35-6.15pm,
Jack Carroll C.C. Ring
07473 020 250

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE****Ability Gym (14-25yrs)**

Multisport for disabled young
people. Wed, 5.30-8.30pm and
Thurs 4.45-6pm, Newvic, E13

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brixton
Manor, Roman Rd, E8. Thurs
4.30-5.30pm, St Angels'
Uluruine School, E7. Email:

enquiries@englandathletics.org

Family Swims

Sat 4.30-5.30pm, Newham
Oasis Swimming Club, Newham
Leisure Centre, E13. Tel: 0200
124 0129 Sun, 12.30-2pm,
Family Swim, Barking Leisure
Centre, E13. Tel: 0200 124 0129

Get Fit for Free

Tues, 7.30-8.30pm and
Thurs 10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre, E13. To book an
induction call 0200 124 0123

Sensory Play (0-5yrs)

Wed 3am-6am 1.30pm-3pm
Oliver Thomas Childrens Centre,
Matthew Ave, E8. Email: Nisbet
Nimmit@newham.gov.uk or call
020 8821 0997

Swim for Families

Dealing with Autism
Wed 4.30pm, Basildon Leisure
Centre, E13. Tel: 0200 124 0123

Support in Action (16yrs+)

Indoor and outdoor activities,
advocacy and support. Thurs
12noon-4pm, to Joyce C.C.

RUNNING**Beckton Park Run**

Sat, 8am, Beckton Park South
E16. Tel: 07718 394 798
www.parkrun.org.uk/beckton

East End Road Runners

Tues and Thurs, 7pm, Sun, 8am
Meet on the track. Coached
sessions for all abilities. Newham
Leisure Centre, E13. Tel: 07979
281 647

West Ham Park Run

Sun, 11am. Meet at Central
Park Keepers Lodge. Tel: 020
8257 4635

Fun England

E2 unless stated. Sun, 10am-
12noon, Newham Leisure Centre
E13, meet on track. Mon,
4.30pm, Newham Leisure
Centre, E13, meet on track. Mon,
5.45-6.45pm, Newham Docklands
E15, meet at reception. Wed,
12noon-1pm, Newham Docklands
E15 (meet at reception). Thurs,
5.15-6.15pm, UEL Docklands

Campus, E15 (west of car park)
Sat 10-11.30am, Winstan
Park, E12 (west of Harrow Rd)
Changing Room: Sat 10-
11.30am, Memorial Park, E15;
E2 (west of car park). Tel 07779
394 874

SPORTS**Athletics**

Newham and Essex Beagles
Athletics Club: Mon and Wed,
6.30pm Foundation Groups
(5-10 yrs), Mon, 7-8pm and
Wed, 6-7pm; E5, Roman
Milton Hill, Newham
Leisure Centre, E13. Visit www.newhamandessexbeagles.co.uk

BMX (6-18yrs)

Sun 10am-12noon, E3 Gossney
Playing Fields, St Albans Ave,
E6. Call 07961 333 615.
Fencing with Newham
Saturdays Tues, 6.30pm, Thurs
6.30pm, Fri, 7.30pm Classes for
adults (16+), and mini masters
(4-7yrs). LEL SportsDock Call
07950 610 556.

Indoor Cricket (8-16yrs)

Wed, 8pm-12.30pm
Lester Community School,
E13. Email michelle.dawson@active-newham.org.uk

Black Arrows Badminton

Club Adults: Fri 7.30pm; Juniors,
Sat, 10am-12noon, E9 7JZ East
Ham LC Adults: Weds, 7.10pm;
UEL SportsDock. Call 07952
037173

FOOTBALL

All Football (16yrs+)
Tues 7.30pm, Fri, 10am-12noon,
Memorial Park, Memorial Ave,
E15. Fri, 3.30pm, Baden-Powell
Powerleague, E6. Visit
www.footballuk.co.uk

Football and Athletics

Thurs, 4-6.30pm, Britannia
Village, E3 Evelyn Rd, E75
Football & Multi Sports
Mon 4-5.30pm, Newham
Leisure Centre, E13
Wed, 5.30pm, Stratford
MUGA, West Ham Ln, E13

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-
6pm; U14yrs, U16yrs, 6-7pm
Newham Leisure Centre, E13
Premier League (16yrs+)
6-a-side (4 subs); Weds, 7-10pm
Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4.30pm,
WHUCST, Beckton Rd,
E6A Alabrook Ct, E8 Thurs
6.30-7.30pm, Little Ford Learning
Zone, 1 Recery Rd, E12 Thurs,
6.30-7.30pm, Stratford Park
MUGA, West Ham Ln, E15. Sat
10-30am 12noon, Newham
Leisure Centre, E13. Visit www.newhamandessexbeagles.co.uk

Ascension Football

Sat 10-11.30am, E3
Reception to 11yrs, 10kg
George V Park, King George
Ave, E6. Call 07805 684 825

BASKETBALL

Basketball & Multi Sports
Fr, 5-6.30pm, E3-Trys, Greenwich
MUGA, Greenwich Rd, E12

Basketball Sessions
Thurs 6.30-6.30pm, Little Ford
Learning Zone, 1 Recery Rd, E12

National League

Mon, 6.30pm, U13/U14ys;
Tues 6.30pm, U15/U16ys,
Rolley School, E75
Thurs 4.30-6pm, U13/U14ys
boys, U14-16ys girls, 6.30pm;
U16yrs, Newham Leisure
Centre, E13, 6.30pm, U15yrs,
Cumberland School, E13

NGFE Sports - Basketball

Thurs 5-7pm, East Ham
Leisure Centre. To register
email.sports@newham.ecc.uk or call 020 8557 4250

Senior Programme

Mon, 7.30-8.30pm, Division 2
Women and division 3/4 men
Rolley School, E75. Call
07947 401 616

**Newham All Star Sports
Academy (NASSA)**

Sessions ET unless indicated:
Junior Fr 4.30pm Curborough
School, E13. National league

U13yrs, U14yrs, U16yrs, Tues
6.30pm, Rolley School, E75
National League U17yrs, Tues,
8.30pm, Rolley School,
E16. National League U15yrs,
U16yrs, U18yrs, Thurs, 6.30pm,
SportsDock, National League
U15yrs Tues 8.30pm, U12,
SportsDock, Junior boys and girls,
Sat, 10.20am-12.20pm, UEL
SportsDock, E2 (07702 503
995) www.nassasports.org.uk

Youngbloods Basketball

All sessions cost £1
U12yrs, mixed, Sat 1.30pm
East Ham Leisure Centre, E5
U13/U14ys boys, Mon, 6.30pm
and Wed, 4.30pm
St Angela's School, E7
U13/U14ys girls, Mon 4.30
pm and Wed 4.30-6pm, St
Angela's School, E7
U15/U16ys boys, Tues, 6.30pm
St Angela's School, E7
U17/U18ys boys, Mon and
Wed 8.30pm, St Angela's
School, E7. Call 07858 307 857

COMMITTEE MEETINGS

All meetings, less peace at
Newham Town Hall, Barkings Rd,
E6, unless otherwise stated
Tues 7 July, Residents'
Housing Scrutiny Group, 7pm
Thurs 9 July, Mayoral
Proceedings, 6pm
Mon 13 July, Council, 7pm
Tues 14 July, Regeneration
and Employment Scrutiny
Committee, 7pm

CONTACT THE MAYOR**Surgery**

To register for the Mayor's
surgery you must arrive up to 20
minutes ahead of the advertised
time. Thurs 8 July, 10am,
Canning Town Library
Telephone surgery
Wed 9 July, Call 020 8430
2000 between 9.30-10.30am
and leave your details

CONTACT DETAILS**LIBRARIES & COMMUNITY
NEIGHBOURHOODS**

Beckenham Globe, 7 Kingsland Wy, E6
Canning Town Banking Rd, E16
Custom House
Prince Regent Ln, E16
East Ham, 208 Barking Rd, E6
Green Street, 337-341
Green St, E13
The Gate, 6-8 Woodgrange
Rd, E7
Manor Park
605-607 Romford Rd, E13
North Woolwich
5 Par Parade, E16
Pavilion, North St, E13
Stratford, 3 The Cross, E15
Archives and Local Studies
020 3973 6881
Community Outreach
020 3973 30813

LEISURE & SPORTS VENUES

Balsall Leisure Centre
14 Balsall St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
Newick Prince Regent Ln, E13
UEL SportsDock Docklands
Campus, University Wy, E16

COMMUNITY CENTRES [C,C]

Bacchus Community Centre
14 Manor Wy, E5, 020 7911 1214
Field Community Centre

14 Station Rd, E7
020 8536 2000
Grassroots Centre, Memorial
Park, Memorial Ave, E15
020 3973 0699

The Hartley Centre
267 Barking Rd, E6
The Hub, 123 Star Ln, E16
020 3973 0700
**Jack Cornwell Community
Centre**, Jack Cornwell St, E2
020 8553 0459

Joyce Community Centre
1 James Ct, E13, 020 8545 0788
**Katherina Rd Community
Centre**, 254 Katherina Rd, E7
020 8545 9888
St Mark's Community Centre
218 Tolgate Rd, E5
020 7511 1214

Upton Community Centre
Claude Rd, E12, 020 8471 0040
(community closed)
Worme Ln Community Centre
Gover Ct, E15, 020 8518 0335
The Well Community Centre
49 Wangan Ln, H0, 020 7825 1070



is this my room?

Fostering what would you say?

With a weekly fee for yourself and all childcare costs covered, fostering may be the new career for you

Call us free on

0800 0130 393

www.newhamfostering.co.uk

Celebrating
50 years of
Newham

the Mayor's **Newham Show**



Saturday 11 and Sunday 12 July 2015
12 noon - 6pm

Central Park, High Street South,
East Ham E6

Two days of fantastic FREE
family fun including:

- Featuring on the main stage
Cock and Line from CBeebies'
Swashbuckle 11 July
- Postman Pat and Jess the Cat 12 July
- Live music, Newham seaside and
much more!
- The Mayor's Newham Carnival, 2pm Saturday



www.newham.com/summer

@newhamlondon

[f](#) newhamevents #NewhamShow



*Mayor of
Newham*